

MYSELF

HEALTH



DIARY

MY BABY

U.S. Department of Health and Human Services
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Health Resources and Services Administration

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Health Diary

M Y S E L F

This book belongs to:

My Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (Day): _____ (Night): _____

My Baby's Father's Name: _____

Health Care Giver (Name): _____

Phone: _____

Address: _____

Office/Clinic Hours: _____

M Y B A B Y

My Baby's Name: _____

Date of Birth: _____

My Baby's Health Care Giver (Name): _____

Phone: _____

Address: _____

Office/Clinic Hours: _____

Other Health Care Givers (Name): _____

Phone: _____

Address: _____

Office/Clinic Hours: _____

Other Health Care Givers (Name): _____

Phone: _____

Address: _____

Office/Clinic Hours: _____

Other Important Phone Numbers:
(You or your care giver should write in these numbers as soon as possible, so that you will have them when you need them.)

Emergency: _____

Hospital: _____

Poison Control: _____

Neighborhood Pharmacy: _____

Food Assistance: _____

Housing Assistance: _____

Legal Aid: _____

State Pregnancy Hotline:

Introduction

This book was developed to help you have a healthy baby. It was designed for you to use while you are pregnant and to help you keep track of your baby's health and growth.

You can read it cover to cover at one time. You can look up certain information on the Contents page. You can start using the book at any time. But the best way is to use it with your health care giver all through your pregnancy and your baby's first two years.

Starting prenatal care early and continuing care is important for both you, your baby and your family. Taking your baby for regular checkups is important for your baby's health; the advice from your baby's health care giver can help you become a good parent. This book will help you keep track of your and your baby's health care appointments.

There are many other books that can give you good advice about pregnancy and about caring for a new baby. Your local library and book stores are places you can find such books. Your health care provider may give you useful books and pamphlets. Two such books — *Prenatal Care* and *Infant Care* — can be ordered using the card in the back of this book.

But what makes this book special is you and your care giver.

- Take it with you every time you go for health care.
- Take it with you every time your baby goes for health care.
- Write in it any questions or concerns you have.
- Write the advice you get from your health care giver.
- Share it with your health care giver.
- Have your care giver write in it.
- Record your weight gain during pregnancy.
- Use it to help you remember your health care visits.
- Keep it as a record of facts about your pregnancy.
- Use it to help you remember your baby's health care visits.
- Put pictures of you, your baby, and your family in it.
- Record in it your baby's growth and development milestones.
- Record in it your baby's shots.
- Write in it the results of your baby's health care visits.

... use this Health Diary for you and your baby.

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The background of the entire page is a repeating pattern of stylized animals, including deer, rabbits, and birds, each enclosed within a circular frame. These frames are arranged in a grid on a blue background. A dark blue horizontal band is positioned across the middle of the page, containing the word "MYSELF" in white, serif, all-caps font. Below this band, a faint, semi-transparent watermark of the word "DROTBOKS" is visible in a reddish-brown color.

MYSELF

My pregnancy, my new baby, and my family

Pregnancy and parenthood are times of change and new feelings. Feelings are O.K. It is helpful to be able to share with your children, family and friends, and with your health care provider, how you are feeling. And it is important for you to have their support and understanding during your pregnancy and when you take on the job of a new parent.

It is important for your baby, too. A baby needs the love and attention of parents, family and friends to grow and develop in healthy ways.

And **your** baby needs the healthy start only **you** can give by taking care of your own health and following good health habits during your pregnancy.

First, as soon as you think you may be pregnant, begin regular health care visits called prenatal care. If you do not know where to go to get health care, ask a friend or call your local health department. **Help is available.**

In prenatal care, you will be given help to eat right, exercise and do other things that will be good for your baby. You will be checked to make sure your baby is developing normally. And if they arise, problems will be cared for.

Even if you are feeling great, it is very important for you to get prenatal care as soon as possible. Women who start prenatal care soon after they become pregnant, and continue until they have their baby, usually have fewer problems and healthier babies.

It is also very important that you avoid certain things that can harm your baby. Don't use any tobacco products, don't drink anything with alcohol, and don't use any "street" drugs. Don't take any prescription or other drugs — even an aspirin — before you check with your health care provider.

Regular health care visits for your new baby are also important. Your baby's health care giver can make sure your baby is growing well, can give good advice for parents, and can protect your baby from a number of childhood illnesses.

Keeping records
when you are
pregnant can help
you track what is
going on and
remember dates,
things you need to
do, and questions
you want to ask.
Start here, by filling
in the spaces below.

My health history

Height: _____

Weight (before pregnancy): _____

Blood Type: _____

Major illnesses/allergies/health
problems I have had:
Type _____ Date _____

Dates of blood transfusions I have had: _____

Past Pregnancies:

Date of Birth	Name of Baby	Type of Delivery	Birth Weight
---------------	--------------	------------------	--------------

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Any other pregnancies:

Date	Result
------	--------

_____	_____
_____	_____

Date of last menstrual period: _____

I think I might be pregnant...

If you miss a menstrual period you may be pregnant. A missed period can be caused by other things. For common signs of pregnancy, see the chart at right.

You may have all of these signs, or you may have none of them.

Go to a health care provider or clinic if you think you might be pregnant.

Your health care giver will confirm whether you are pregnant and, if so, estimate the delivery date of your baby. The sooner you know for sure, the sooner you can begin to get the care you and your baby will need, called **prenatal care**.

You will need to see your health care giver about 9 to 13 times before your baby is born. You may need to go more often if you have problems.

You may also want to attend childbirth education classes later in your pregnancy to learn the ways to make the delivery of your baby healthy and easier. Your health care giver can help you choose the right class for you.

Notes:

COMMON SIGNS OF PREGNANCY

- ☐ missed period
- ☐ sore or tender breasts
- ☐ nausea and/or vomiting
- ☐ frequent urination
- ☐ bloated feeling
- ☐ fatigue



How to get the prenatal care I need...

If you have a doctor, call now for an appointment. If you do not have a doctor, ask a friend, family member, or your local health department for the name of a health care provider or clinic.

There are many kinds of health care professionals who can help you when you are pregnant. They may include doctors, nurses, nurse practitioners, nurse midwives, physician's assistants, nutritionists, dentists, and social workers. You and your care givers are a team, working to help assure that your baby is born healthy.

It is important for you to keep all of your appointments when you are pregnant. Your care givers check your health. They talk with you about how your body is changing, and how your baby is growing. **Tell them how you are feeling. Ask them any questions that you have.**

THERE IS HELP ...

If you have health insurance, find out what expenses your insurance will cover. Also find out how to make sure that your baby will be covered by your health insurance from birth. Your health care giver will need to know the name of your insurance company and your policy number.

If you do not have health insurance, you may qualify for Medicaid or other help. Call your local social service agency and local health department to find out. You can find their phone numbers in your local telephone directory under "government listings."

Ask them if you can get help from other programs such as AFDC (Aid to Families with Dependent Children), WIC (Special Supplemental Food Program for Women, Infants, and Children), and Food Stamps.

Many local agencies also offer other services. Ask about legal aid, housing assistance, day care, transportation, mental health, visiting nurse, and other counseling. If you work, ask your employer about maternity leave. Talk to your health care giver about the help you need.

Call the state pregnancy hotline on page ii of this book to get answers from your state health department.

My Insurance/Medicaid Number: _____

Name of My Insurance Company: _____

Phone Number for Insurance/Medicaid: _____

Name of Contact Person/Caseworker: _____

What happens at prenatal care visits...

AT YOUR FIRST VISIT...

Your first visit will most likely take more time than other appointments. The health care provider will:

- Ask you questions about your health now and in the past (your medical history). Your answers about other pregnancies, health problems, illnesses (including sexually transmitted diseases), and your lifestyle will help your care giver decide the best care for you.
- Give you a physical exam. This will include internal (pelvic) and breast exams, checking your heart, lungs, eyes, ears, nose, and throat, and measuring your weight and height.
- Test your blood, urine and blood pressure and take a culture of the cervix and a Pap smear to check for some possible problems that might affect your pregnancy.
- Talk with you about a plan of care to fit your needs. This will include a schedule of visits, diet, exercise, and special things to do.



AT LATER VISITS...

With all of the changes in your body, regular visits will help make sure that you and your baby stay healthy. Your health care giver will:

- Check your weight, blood pressure, and urine.
- Measure your abdomen (stomach) to see how your baby is growing.
- Listen to your baby's heart beat with you.
- Talk with you about any concerns or questions you have.
- Give you any special tests you may need to find out about your health or your baby.

What I can find out from the tests I will have...

YOU WILL HAVE THE TESTS DESCRIBED BELOW AT YOUR FIRST APPOINTMENT.

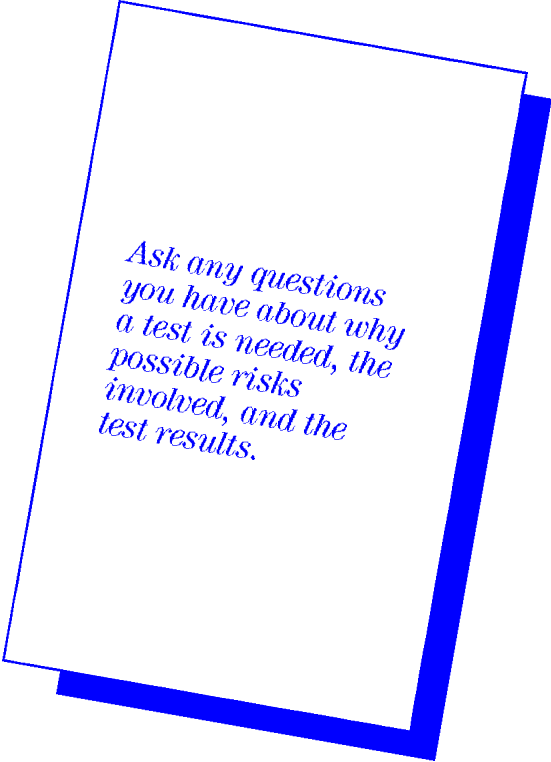
- **Pap smear**—to look for problems with your cervix (the opening to your uterus or womb).
- **Internal exam (pelvic exam)**—to check your cervix and uterus. Also to check that your pelvis is large enough for your baby to pass through during birth.
- **Culture of the cervix**—to check for gonorrhea and other sexually transmitted diseases.
- **Blood tests**—to see if you have certain conditions which might affect your pregnancy or your baby such as: anemia (low blood count), Rh factor, syphilis, HIV, or hepatitis B. Also show if you have protection against rubella (German measles).
- **Urine tests**—to check for diabetes, infection, and problems related to your kidneys and blood pressure.
- **Blood pressure**—to check for high blood pressure, which can cause problems in pregnancy.

YOU WILL HAVE YOUR URINE AND BLOOD PRESSURE CHECKED AT EVERY VISIT.

YOU ALSO MAY HAVE ONE OR MORE OF THESE TESTS TO FIND OUT MORE ABOUT YOUR HEALTH OR THE GROWTH OF YOUR BABY...

- **Glucose tolerance test (GTT)**—to check for diabetes (at about 24 weeks of pregnancy).
- **Ultrasound**—produces a picture (“sonogram”) to check the position and size of your baby, to find out about when your baby is due to be born, and to check for some kinds of problems.

Your health care giver may suggest other tests, depending upon your family history, your age or health, your racial or ethnic background. For example, **amniocentesis** or **chorionic villus sampling (CVS)** may be suggested for women who are 35 or older, to identify certain genetic problems that could affect their baby’s health. **Alpha fetoprotein (MSAFP)** is a blood test that could be suggested to find out if a baby may have spinal cord problems.



*Ask any questions
you have about why
a test is needed, the
possible risks
involved, and the
test results.*

How to take care of my own and my baby's health...

SOME DO'S ...

Take care of yourself so that you feel good and your baby grows normally.

- **DO** eat a variety of healthful foods each day.
- **DO** eat 3 meals at regular times during the day.
- **DO** drink 6-8 glasses of water and other liquids each day.
- **DO** exercise regularly. Ask your health care giver about starting or continuing to exercise.
- **DO** wear your seat belt every time you ride in a car, van or truck.
- **DO** brush and floss your teeth at least once a day. Continue to see your dentist on a regular basis.
- **DO** tell all your health care givers that you are pregnant before getting any X-rays.
- **DO** read the label for directions and warnings before you use any paint, cleaner, bug spray, or other chemical.
- **DO** keep all of your health care appointments. If you miss an appointment, make another right away. Don't wait until the next month.
- **DO** ask your health care giver if you have questions about what you should be doing to have a healthy baby!

SOME DON'T'S ...

Some things you might do when you are pregnant can harm your baby.



DON'T smoke. Tobacco of any kind will harm you and your baby. Smoking increases the chances that your baby may be born too soon and too small. Quitting at any time during your pregnancy helps. There are programs to help a pregnant woman stop smoking. Ask your health care giver about them. Quit as soon as you can.



DON'T drink alcohol (beer, wine, wine coolers, liquor). Drinking alcohol can cause birth defects. No one knows whether drinking even a little is safe. The best advice is don't drink when you are pregnant. Programs to help you stop drinking are available.



DON'T use any street drugs (such as crack, cocaine, marijuana, PCP). Street drugs can hurt you and your baby. Your baby can be born too small to live, or have severe mental or physical problems that can last for years. Tell your health care givers about any drugs you use so they can help you stop.



DON'T take any medicine—even an aspirin—or anything prescribed before you were pregnant without first asking your health care providers if it is safe.

SIGNS OF PREMATURE LABOR:

- ☐ Low dull backache
- ☐ Pelvic pressure
- ☐ Contractions or cramps
- ☐ Blood-tinged discharge from vagina
- ☐ Gush of clear, watery fluid from vagina

- Severe or continued vomiting
- Fever
- Sudden gush of fluid from the vagina

SIGNS OF PREMATURE (TOO EARLY) LABOR

During your pregnancy, there is a danger that your labor might begin too soon and your baby will be born too early to be healthy and live outside your womb.

If you have any of the signs listed in the box above that do not go away after an hour of rest, call your health care giver.

If you just “don’t feel right” or have any questions about your health, call your health care giver for advice.

Warning Signs

If you have any of these signs, call your health care provider as soon as possible:

- Bright red blood from your vagina
- Swelling or puffiness of your face or hands
- A sudden large weight gain
- Pain when you empty your bladder
- Very bad or frequent headaches
- Blurred vision, flashes of light, or spots before your eyes
- Sharp or prolonged pain in your abdomen (stomach)



REMEMBER:

It is important for you to gain weight steadily. You should not lose weight during your pregnancy. Seeing how much weight you are gaining is one way to know that your baby is growing normally.

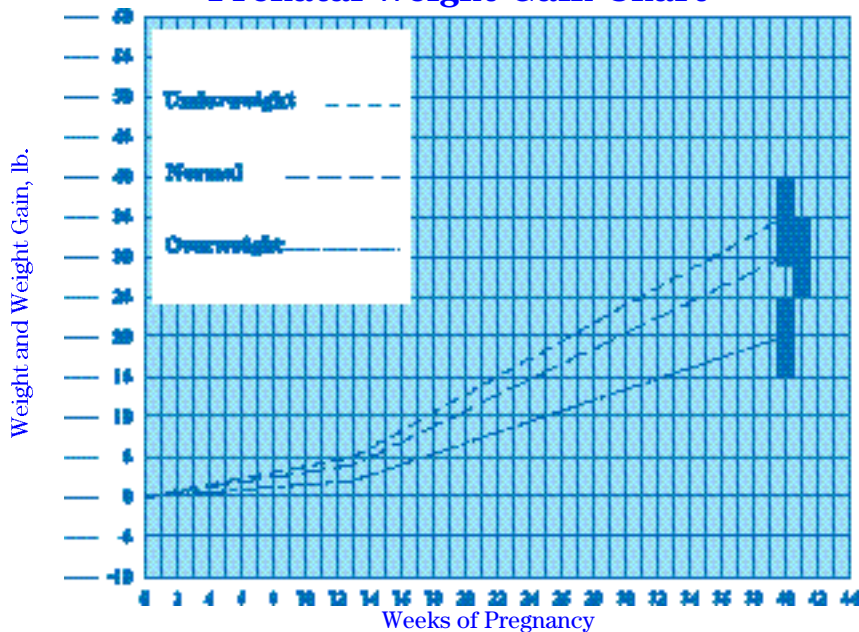
Tracking my weight gain...

Your weight will be checked each time you go to your health care giver. Most women should expect to gain about 3 or 4 pounds during the first 3 months and about a pound a week for the rest of their pregnancy.

Your total weight gain might range from about 25 to about 35 pounds. How much you gain is related to your weight before you became pregnant. Usually:

- If you were underweight, you should gain 28 to 40 pounds.
- If your weight was normal, you should gain 25 to 35 pounds.
- If you were very heavy, you should gain 15 to 25 pounds.

Prenatal Weight Gain Chart



Your health care provider may advise you to gain more or less, depending on your size and weight before you became pregnant. This is not the time to diet to lose weight, no matter how heavy you are.

Your steady weight gain is a sign that your baby is growing. Full grown newborn babies usually weigh about 7 pounds. But, you must gain much more than that to support the development of your baby.

Typically, a pregnant woman gains 25 to 35 pounds. The weight is divided this way:

Baby: 7 to 8 pounds

Changes in mother's body

Breast increase 1 to 2 pounds

Blood increase 4 to 5 pounds

Fat 5 to 7 pounds

Body fluid 1 to 2 pounds

Uterus increase 2 to 5 pounds

Placenta 2 to 3 pounds

Amniotic fluid 2 to 3 pounds

Gaining weight is what sometimes makes pregnant women most unhappy and uncomfortable. But if you remember how important it is to the health of your baby, it may be easier for you to handle. Besides, most women lose all the extra weight they have gained by 2 or 3 months after their baby is born, and even sooner if they breastfeed.


Weigh yourself once a week and keep a record of your weight on the next 2 pages. Choose the same day, and the same time of day — every Saturday morning, for example — to weigh yourself. Try to use the same scale each time, too.

Date

Weight

Difference

DropBooks



Ask your doctor, nurse, or nutritionist about the amount of weight you should gain in this pregnancy. Select foods to help you reach this goal and meet your needs for nutrients. There are many choices within your food budget and tastes.

What to eat for a healthy baby

What you eat can help you feel and look your best. Diet is important for you and your growing baby. During pregnancy and breastfeeding, eat the following foods each day:

- 2 or more servings of fruit or juice
 - 3 or more servings of vegetables
 - 6 to 11 servings of grain or starchy vegetables
 - 2 servings of low-fat meat, fish, poultry, beans or nuts.
- 3 or more servings of milk or calcium-rich products like cheese or yogurt.

Many foods can combine to make a varied and healthy diet. Ask your health care giver for serving sizes and examples of the kinds of foods to choose.

Eat small meals at regular times and have a nutritious snack if you need one.

Avoid large amounts of any one food item.

Eat a raw fruit or vegetable and some whole grains each day.

Drink 6 to 8 cups of liquids (water, juice, milk) each day.

What I eat

Write down all the foods and drinks you had during the past week. Show this list to your care giver.

DropBooks

I need to eat less of these foods:

I need to eat more of these foods:

WIC, food stamps or other food assistance is available. Ask your health care provider if you qualify for these food programs.

8 weeks

HOW MY BABY IS GROWING

Your baby is about
1 inch long and
weighs less than
1 ounce. All organs
are developing. Your
baby's tiny heart will
beat by the 25th day.

- Eat a variety of healthful foods each day for you and your growing baby.
- Tell any doctor, nurse, dentist, or other health care giver you see that you are pregnant before you accept treatment, have X-rays, or use prescribed drugs.
- Rest if you feel tired. It is normal to feel tired in the first months of pregnancy. You may also feel excited, happy, worried, and concerned—all at the same time!
- It is good for you to exercise regularly. Ask your health care giver about starting or continuing to exercise.

Questions I want to ask:

1. *What can I do about morning sickness?*

2. *Should I take vitamin and iron supplements?*

3. *How can I involve the baby's father in my pregnancy?*

4.

Advice and answers to my questions:

My prenatal care appointment

Date of First Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Rh Factor (Yes ____ No ____)
- ☐ Blood Test ☐ PAP Test ☐ Urine

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Take this book with you each time you go to the doctor or clinic. Write in it anything you need to remember about your health, any tests you have, any advice or instructions you receive. Also write down anything you want to ask your health care giver. Keep this record up to date. It is your record of your pregnancy and of your baby's health and growth. Ask your health care giver if you need help to fill out the health records in this book.

12 weeks

HOW MY BABY IS GROWING

Your baby is now about 3 inches long and weighs about 1 ounce. Your baby is starting to open and close its mouth and move its tiny hands, legs, and head.

- If you are tired or sick to your stomach, these feelings should end soon.
- Always wear your seat belt when you are in a car, van, or truck. The shoulder harness should go between your breasts and the lap belt under your stomach.
- Most women can safely have sex while they are pregnant. Ask your health care giver if you have discomfort or have other concerns.

Questions I want to ask:

1. *Will my taking hot baths hurt my baby?*
2. *What should I do if certain healthful foods, like milk, make me feel sick?*
- 3.
- 4.

Advice and answers to my questions:

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Write down what you eat for a week on page 19.

If you have questions about what you should be eating, ask your health care giver.

16 weeks

HOW MY BABY IS GROWING

Your baby weighs about 6 ounces, is 6–8 inches long, and the organs, such as the heart and lungs, are formed. For the rest of your pregnancy your baby will be growing and gaining weight.

- You may look pregnant now. You will soon need maternity (or larger sized) clothes. You may want to wear lighter weight clothes. It is normal to be warmer and perspire more when you are pregnant.
- Eating well is important to make sure that both you and your baby gain the proper amount of weight.
- You may have darker areas on your face, stomach, or other places on your skin. These are normal. They will go away after your baby is born.

Questions I want to ask:

1. *When will I first feel my baby move?*

2. *How can you tell that my baby is growing normally?*

3. *Where can I go for childbirth education classes?*

4.

Advice and answers to my questions:

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ MSAFP (Alpha Fetoprotein)
- ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Be sure to keep track of the weight you are gaining on the chart on pages 16 and 17.



HOW MY BABY IS GROWING

Your baby weighs
about 1/2 to 1 pound,
is 8–12 inches long,
and is much more
active now, moving
from side to side or
turning around.

20 weeks

- Write in the date you first feel your baby move.

- You need to drink at least 6 to 8 glasses of water and other liquids each day.
- Do not smoke or drink alcohol (beer, wine, wine coolers, liquor) or use drugs during your pregnancy.
- Remember to weigh yourself each week and write down your weight gain on pages 16 and 17.

Questions I want to ask:

1. *How can I keep my back from aching?*

2. *How long can I keep up my usual activities?*

3. *How can I relieve constipation?*

4.

Advice and answers to my questions:

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests: (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

If you are seeing your care provider more often, use the extra appointment pages beginning at page 36 to record your visits.

HOW MY BABY IS GROWING

You are now carrying a fully-formed but tiny baby, with wrinkled skin, about 14 inches long, and 1-1/2 pounds. Your baby still needs to grow and fully develop vital organs such as the lungs and brain.

24 weeks

- Your baby will grow quickly during the rest of your pregnancy. Your baby's size will put pressure on your bladder. You may need to go to the bathroom more often.
- If you become constipated, drink more fruit juices and water and eat high fiber foods such as raw fruits and vegetables, whole grain breads, and cereals.
- Call your health care giver right away if you have any of the signs of premature labor listed on page 12.

Questions I want to ask:

1. *How can I find a pediatrician (baby doctor) or other health care giver for my baby?*

2. *Why am I so tired?*

3.

4.

Advice and answers to my questions:

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen:

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ Blood Test ☐ Rh Factor (Yes _____ No _____)
- ☐ Glucose Test for Diabetes ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Ask any questions you have about what a test is for or about the results and what they mean for you and your baby.

28 weeks

HOW MY BABY IS GROWING

Your baby is about 15 inches long and weighs about 2–3 pounds. Your baby's bones are getting harder. You may feel your baby kick and move more now.

- You may feel better during these last months of pregnancy if you eat smaller meals and snack on fruits, vegetables, milk, breads, and cereals.
- Because your baby is getting big, it may be harder for you to breathe. Slow down, stretch your arms over your head, breathe deeply.
- Call your health care provider right away if you have any of the signs of premature labor listed on page 12.
- If you have children, talk to them about the new baby soon to be born.

Questions I want to ask:

1. *How will I know when I go into labor?*

2. *What should I do to get ready for the birth of my baby?*

3.

4.

Advice and answers to my questions:

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

PREPARING FOR BABY

Breastfeeding is the best way to feed your baby. Breast milk is a complete food and protects your new baby from some infections. Ask your health care giver if you have questions about breastfeeding. See page 46 for more information.

HOW MY BABY IS GROWING

Your baby is about 18 inches long and weighs about 5 pounds. Your baby can open its eyes. Your baby may turn around in your uterus (womb) and stay in the new position for the rest of your pregnancy.

32 weeks

- Continue your daily routine, taking time to rest. Stop any heavy work or lifting to avoid strain and backaches.
- Plan what you will do when you go into labor. Where will you have your baby? How will you get there? Who will take you? Who will take care of your other children?
- Take a tour of the hospital where you plan to have your baby. Ask questions about what will happen.
- Call your health care giver right away if you have any of the signs of premature labor listed on page 12.

Questions I want to ask:

1. *What can I do to sleep better?*

2. *How should I prepare to breastfeed my baby?*

3. *What are my options for pain relief during labor?*

4.

Advice and answers to my questions:

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

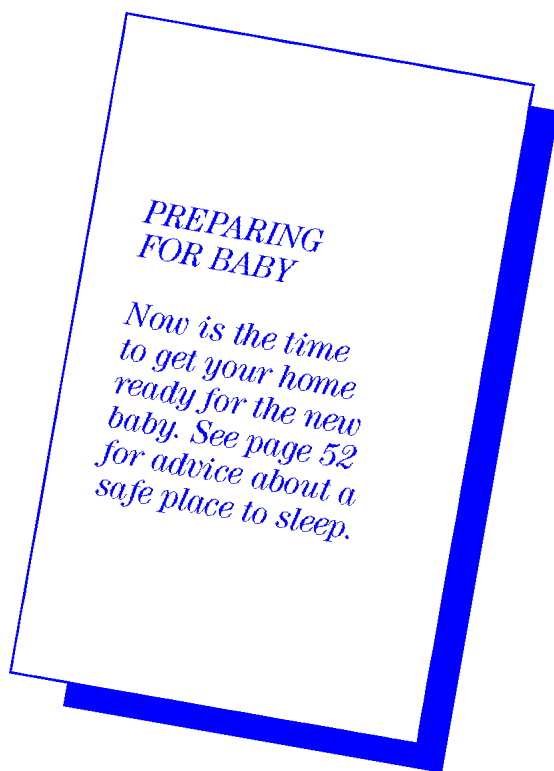
(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



HOW MY BABY IS GROWING

Your baby is about 19 inches long, weighs about 6 pounds, and is gaining about a 1/2 pound each week. At 40 weeks your baby will be "full term" (will have gone through the full length of pregnancy).

36 weeks

- Your baby could come any time between 37 to 42 weeks. Few babies are born on their "due date." Read the signs of labor listed on page 45. Ask your health care giver if you have any questions.
- With delivery of your baby so near, you may feel excited and happy, anxious and afraid. All of these feelings are normal.
- If you have a baby boy, will you have him circumcised? Now is the time for you to decide.
- Tell your other children that you will be going to the hospital to have the new baby.

Questions I want to ask:

1. *What should I do if I think I am in labor?*

2. *Under what conditions would I need a Caesarean section?*

3.

4.

Advice and answers to my questions:

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

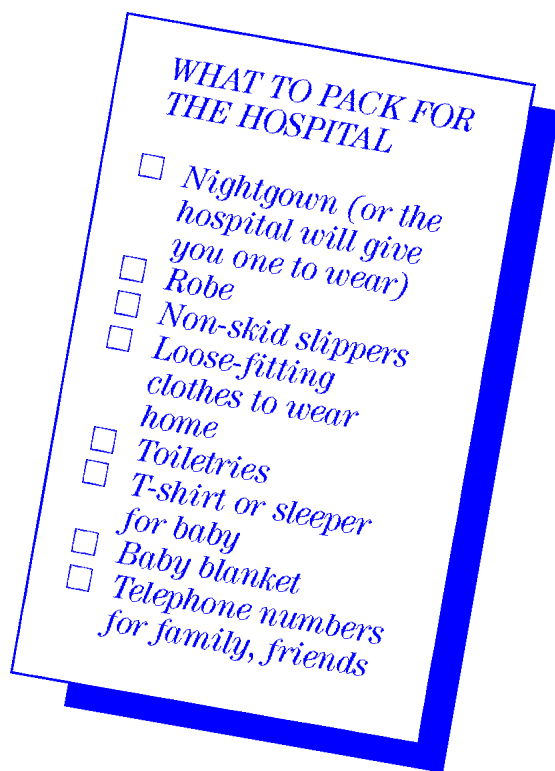
Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment



My prenatal care appointment

Use these pages for additional health care visits.

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. _____

2. _____

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: _____)
- ☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. _____

2. _____

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

WHAT BABY WILL NEED AT FIRST

- ☐ Crib, cradle, or bassinet (see page 52)
 - ☐ Baby clothes
 - ☐ Diapers
 - ☐ Car safety seat (see page 51)
- (Check with friends for "hand-me-downs" before you buy, but be sure they meet safety standards.)

My prenatal care appointment

Use these pages for additional health care visits.

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

☐ Blood Pressure (Reading: _____)

☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. _____

2. _____

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

☐ Blood Pressure (Reading: _____)

☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. _____

2. _____

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

PREPARING FOR BABY

You will need a car safety seat (marked "federally approved") to bring your baby home after birth. See page 51 for more information.

My prenatal care appointment

Use these pages for additional health care visits.

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

☐ Blood Pressure (Reading: _____)

☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. _____

2. _____

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

☐ Blood Pressure (Reading: _____)

☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. _____

2. _____

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------





*Use these pages to
write about your
feelings and special
moments during
your pregnancy.*

Special memories about my pregnancy

*You can place a
picture of yourself
during your
pregnancy here.*

Drop

STAGES OF LABOR

Stage 1: The uterus begins to contract.

Cervix starts to open allowing the baby to move from the uterus to the birth canal.

Stage 2: The mother pushes and the uterus contracts. Stage ends when the baby is born.

Stage 3: Delivery of the placenta (afterbirth).

My prenatal care appointment

Date of Visit: _____

Name of Health Care Provider Seen: _____

Weeks of Pregnancy: _____

Due Date: _____

Weight: _____

Tests (Check each one you had):

☐ Blood Pressure (Reading: _____)

☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: _____

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. _____

2. _____

Date of Next Appointment: _____

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

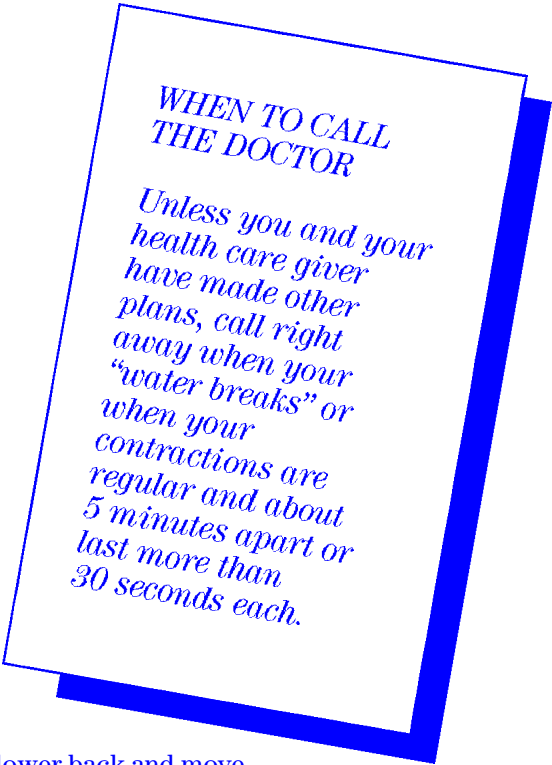
Before my baby is born ...

SIGNS OF LABOR

The way labor begins and progresses is different for each pregnancy. Sometimes you may not know that you are in the early stages of labor, but feel as though you have gas, heartburn, indigestion, or backache.

There are 3 main signs that labor has started:

- Vaginal bleeding.
- Regular contractions (pains or tightening), which most often begin in your lower back and move through to the lower front of your abdomen (stomach).
- A gush or trickle from your vagina, that feels like a painless flow of warm water.



My labor began on _____ (day) at _____ (time).

Notes about my labor and delivery:

My baby was born on _____ (day) at _____ (time).

After my baby is born ...

TAKING CARE OF ME...

- You should go to your health care giver about 2–6 weeks after your baby is born. Make an appointment for this “postpartum” visit as soon as possible. If you have questions or problems before then, call your health care provider.
- Ask your health care giver if you are protected against rubella. If not, get a shot to protect you before you leave the hospital.
- Ask your health care giver about family planning. You can get pregnant again even if you are breastfeeding. Your body is not ready for another healthy pregnancy right now.
- Call your care giver right away if you have any of the postpartum warning signs listed on page 47.
- Many new mothers feel depressed, cry easily, or are just very tired. These feelings are often due to lack of sleep; it doesn’t mean you don’t love your baby. If you have some of these feelings, you may want to talk to your family, a friend, or another mother about it. If you need help to cope with your feelings, call your health care giver.
- Breastfeeding is best for your baby. It is good for you too. It will help get your uterus (womb) back in shape. Almost all mothers breastfeed easily. Some need advice or help. Call your childbirth educator, nutritionist, or the La Leche League (1-800 LA LECHE) if you have problems or questions.
- Eat a variety of healthful foods and drink 6 to 8 glasses of water and other liquids each day, just as you did while you were pregnant. You need food for energy and to pass on to your baby if you are breastfeeding. Avoid alcohol, cigarettes, and drugs. They are not healthy for you and can harm your baby if passed through your breast milk.
- Try to sleep when your baby sleeps. If you feel under stress, take a break. Put your baby in the crib and take a shower or bath or call a friend. Ask a family member or a friend to watch the baby while you go for a short walk. If you feel as though you are under too much stress, call your health care giver and ask where you can get help. Taking good care of yourself and your baby is most important now.
- Spend some special time with your other children.

Next appointment for me: _____

My postpartum (after delivery) care

Date of Visit: _____

Name of Health Care Provider Seen:

Questions I want to ask:

1. *When can I have sex?* _____

2. *What should I do about birth control?* _____

3. *Do I have any health problems that need continued care?* _____

4. _____

Advice and answers to my questions:

POSTPARTUM WARNING SIGNS

- ☐ Heavy, bright red bleeding or large clots
- ☐ Fever over 100°F
- ☐ Painful cramps
- ☐ Hard, painful lumps in your breasts
- ☐ Increased pain in episiotomy (stitches)
- ☐ Pain when you empty your bladder
- ☐ Feelings that you might harm yourself or your baby

Before I become pregnant again ...

Think about your own health first. Take care of yourself before you get pregnant again. Make sure that you and your family are ready for another baby.

Another baby will change your life in many ways. More babies add new responsibilities as well as new joys. Mothers and fathers both need to be ready to be good parents to another baby. Family planning services are available. For information, call your local health department.

LOOK AT YOUR HEALTH

If you have a health problem (such as diabetes or high blood pressure), try to get it under control before you become pregnant. Then you and your health care givers can work together to avoid problems and have a healthy pregnancy.

If you are healthy, it is still a good idea to talk with your care giver before you become pregnant about:

- If you should keep taking any prescribed drugs.
- If you should be immunized against rubella (get a German measles shot). Do not get pregnant for 3 months following this shot.
- If you should think about genetic testing (to detect problems you could pass on to your baby).
- If the time is right for you to try to become pregnant. Wait several months after you stop taking oral contraceptives (the "pill") or if you have just had a miscarriage.
- If you should change your diet or gain or lose weight.
- If there are other lifestyle changes you should make before you become pregnant (such as quitting smoking and drinking alcohol).



MY BABY

Diaper Books



My baby's birth record

Name: _____

Date of Birth: _____

Time: _____

Weight: _____

Length: _____

Head Circumference: _____

Place of Birth: _____

Hospital: _____

City/Co.: _____

State: _____

Health care giver present at birth:

Other people present at the birth:

Any special conditions or advice:

After my baby is born ...

TAKING CARE OF BABY ...

- Talking to, touching, and holding your new baby in the delivery room is good for you and your baby.
- This is a wonderful time to start breastfeeding. Tell your care giver not to let anyone else feed your baby so that your baby will only get your breast milk.
- Your health care giver will examine your baby right after birth, checking appearance and color, reflexes, breathing, heart rate, and activity to see whether your baby needs any special care.
- Ask to have your newborn placed beside you in bed. Touch and hold your baby, and get to know how your baby feels.
- Your baby may look different from the way you expected. Ask the hospital staff if you have questions about the way your baby looks.
- Ask the staff to show you how to take your baby's temperature and read the thermometer.
- All infants should be protected against hepatitis B. Some doctors recommend the first shot be given before going home from the hospital.
- You should take your baby to see the doctor when your baby is about 1 week old unless you are told to come in sooner. Call your baby's doctor right after your baby is born for an appointment.
- Before you and your baby leave the hospital, a few drops of blood will be taken from your baby's heel to check for some rare problems.
- You will need a car safety seat (marked "federally approved") to bring your baby home. It is the law—your baby must always be in an approved safety seat when traveling in a car, van, or truck. Ask your health care giver, the hospital where you deliver, or health department about programs that loan federally approved car safety seats.

If you or the baby's father have any questions about how to pick up, hold, feed, bathe, diaper, or dress your baby, ask the hospital staff to help you.

Your new baby needs all of the love and comfort you can give. You cannot love a baby too much. Your entire family can share in the joy of this love.

Next appointment for my baby: _____

Caring for baby at home ...

Most newborn babies spend most of their time sleeping and eating. You want to make sure that baby has a safe place to sleep and is put to sleep in a safe position.

- A safe crib will have slats no more than 2 3/8 inches apart and corner posts less than 5/8 inch high above the rails.
- Baby should sleep on a firm mattress that fits tightly in the crib, cradle or bassinet.
- Do not put pillows, comforters or other soft padded materials in the bed under the baby.
- Put healthy infants to sleep on their backs or sides.
- Keep the sides of crib raised when baby is sleeping in it.
- Try to keep sleeping newborns away from pets, other children and large overstuffed toys.
- Don't let people smoke around your baby. Your baby's lungs are delicate. Babies are not as resistant to respiratory infections as their parents.

Instructions for taking care of my baby after leaving the hospital:

What to feed my baby ...

- Breastfeeding is the best way to feed your baby. It will help you and your baby build a special closeness. It also will help protect your baby from some infections. Breastfeeding is usually easy, but if you have questions about breastfeeding, ask your health care giver.
- Newborn babies need to eat every 2 to 3 hours.
- For the first 5 to 6 months, feed your baby only breast milk or formula.
- Be sure any formula you give your baby is fully iron fortified.
- If you bottle feed, be sure to keep bottles and nipples very clean. Follow the directions on the container for fixing the formula. Hold your baby whenever you are giving the bottle. Enjoy the warmth and closeness between you.
- At about 5 months, start your baby on one new food at a time. Ask your baby's care giver about the best time to start solid (strained or mashed) food and juice for your baby.
- Ask your baby's health care provider what foods to give baby first, and which foods to avoid.



Feeding advice or instructions from my baby's health care provider:

If you need help, the WIC program may be able to give healthy foods for you and your baby.

When to take my baby to the doctor or clinic ...

You need to take your baby for a health care checkup about 6 times in the first year and about 4 more times up to age 2, in addition to any times you take your baby to the doctor for problems. Go for the first checkup about one week after your baby is born, unless you are told to come in sooner.

These checkups are important, even if your baby is well and healthy. Your baby's health care provider will ...

- Check to make sure your baby is growing normally.
- Give you advice about feeding and baby care.
- Answer your questions.
- Give your baby tests and immunizations (shots) to keep him or her healthy.

This chart shows about when your baby should go for check ups, and what will usually happen at each visit. Your baby's health care provider may give you a different schedule to fit your baby's needs:

AGE AT VISIT

WHAT HAPPENS DURING VISIT	IN HOSP.	1 WK.	1 MO.	2 MOS.	4 MOS.	6 MOS.	9 MOS.	12 MOS.	15 MOS.	18 MOS.	24 MOS.
Discussion & Questions	●	●	●	●	●	●	●	●	●	●	●
Examination	●	●	●	●	●	●	●	●	●	●	●
Measurements of Length, Weight, Head Size	●	●	●	●	●	●	●	●	●	●	●
DTP Shot (diphtheria-tetanus-pertussis)				●	●	●			○	○	
Oral Polio Vaccine				●	●	●					
MMR Shot (measles, mumps and rubella)								○	○		
Hib Vaccine (Schedule A)*				●	●	●		○	○		
Hib Vaccine (Schedule B)*				●	●			○	○		
Hepatitis B (option 1)	●		○	○		○	○	○	○	○	
Hepatitis B (option 2)			○	○	●	○	○	○	○	○	
PKU Test	●	○									
Blood Test for Anemia							○	○			
Test for Lead Exposure						○	○	○			○
Tuberculin Skin Test								●			

● usually done at this age ○ may be done at this age

*Schedule depends upon the vaccine used.

Take this book with you and keep a record of baby's health checkups beginning on page 68.

You may select a pediatrician or family physician, a nurse practitioner or a nurse to give health care to your baby. Or you may have a team, including a dentist, a social worker, a nutritionist, a home visitor, and an early childhood educator as well as a doctor and nurse, to provide your baby's health care. If you have other children, you may want to use the same care provider or team for all of them.

Your baby's health care giver will depend on you for information about baby's health and growth. By recording your baby's firsts on pages 64–65, and any illnesses on page 89, you will have useful information to share with your baby's health care provider when it is needed.

Your baby grows and changes very quickly in these first two years. Regular health care visits can help you deal with these changes.



Notes:



How to take care of minor problems

CARE OF UMBILICAL

CORD:

- The end of the cord will fall off in a couple of weeks after birth.
- Until it falls off, keep it clean and dry.
- Keep diaper below cord so that the cord stays dry.
- Dab with alcohol on a cotton swab 1–2 times each day.
- Call your baby's health care giver if it looks red, irritated, bleeds or oozes, or has a bad odor.

CARE OF CIRCUMCISION:

- A circumcision should heal in 7–10 days.
- If the tip of the penis is irritated by the diaper, put a little bit of petroleum jelly on the irritated area each time you change the diaper.

PREVENT DIAPER RASH:

- Change diapers often.
- Wash baby's bottom with soap and warm water at each change.
- Use zinc oxide paste or diaper rash cream on irritated areas.

TREAT DIAPER RASH:

- Leave baby's diaper area uncovered for a few hours each day. (Place several folded cloth diapers under baby.)
- Use zinc oxide or diaper rash cream on irritated areas after washing.

TREAT DIARRHEA:

- If you are breastfeeding, continue to do so.
- Call baby's health care giver if your baby won't take liquids, can't keep them down, has a lot of diarrhea, or has diarrhea for longer than 12 hours. *(Diarrhea can be a very serious problem for little babies, who can lose a lot of fluid quickly.)*

- There are special drinks — called oral electrolyte solutions — that infants with diarrhea should be given to keep them from becoming very sick.

TREAT COLIC:

- Make sure that your baby is not crying for some other reason (wet diaper, hunger, tight clothing, loneliness).
- Hold baby, stomach down, across your knees.
- Rock your baby.
- Push your baby in a carriage or stroller.

SYMPTOMS OF COLIC:

- ☐ Frowning
- ☐ Reddened face
- ☐ Drawing legs up
- ☐ Rumbling gas in stomach
- ☐ Loud screaming

SYMPTOMS OF A COLD:

- ☐ Fussiness
- ☐ Loss of appetite
- ☐ Runny nose, sneezing
- ☐ Noisy breathing
- ☐ Red eyes
- ☐ Fever

TREAT A COLD:

- Try to make your baby more comfortable.
- Call baby's health care provider if your baby has a fever.

CALL RIGHT AWAY:

- ☐ Fever
- ☐ Vomiting
- ☐ Jaundice (skin looks yellow)
- ☐ Diarrhea
- ☐ Breathing problems
- ☐ Convulsion
- ☐ Blood in diaper

When to call the doctor ...

YOU SHOULD CALL YOUR BABY'S HEALTH CARE GIVER IMMEDIATELY IF YOUR BABY:

- Has breathing problems (has to work hard to get air in and out).
- Cries (more or differently from the usual), or moans as if in pain, or is very fussy.
- Has a temperature higher than 100° F.
- Vomits (more than a spit up) or has diarrhea (very watery, loose, foul-smelling stools) more than 2–3 times in a day.
- Has even one large, very watery bowel movement and is less than 3 months old.
- Passes blood or blood clots with urine or bowel movement.
- Has a convulsion (shaking arms and legs).

ALSO CALL IF YOUR BABY:

- Seems weak, has no energy to cry as loudly as usual.
- Refuses to feed or nurses poorly (or doesn't want more than 1/2 of the usual bottle).
- Doesn't wake up as alert as usual, or for older babies, is not playful, even for a short time.
- Just doesn't "seem right" and you are worried.

When you call the health care provider about your sick baby, write down the advice you get. There is space on the records of health checkups, beginning on page 69, to write your notes. Have available the telephone number of a pharmacy in case your care giver wants to phone in a prescription.

How to deal with emergencies

Even when you are careful, your baby could get hurt or get sick. Follow these steps now to be prepared:

- Keep the phone numbers for your health care providers, fire, police, rescue, and poison control center by your phone. The first rule in any emergency is to call for help.
- Find out where the closest emergency center is and how to get there.
- Good ideas for you and your family are the infant CPR and first aid courses offered by your local American Red Cross chapter.

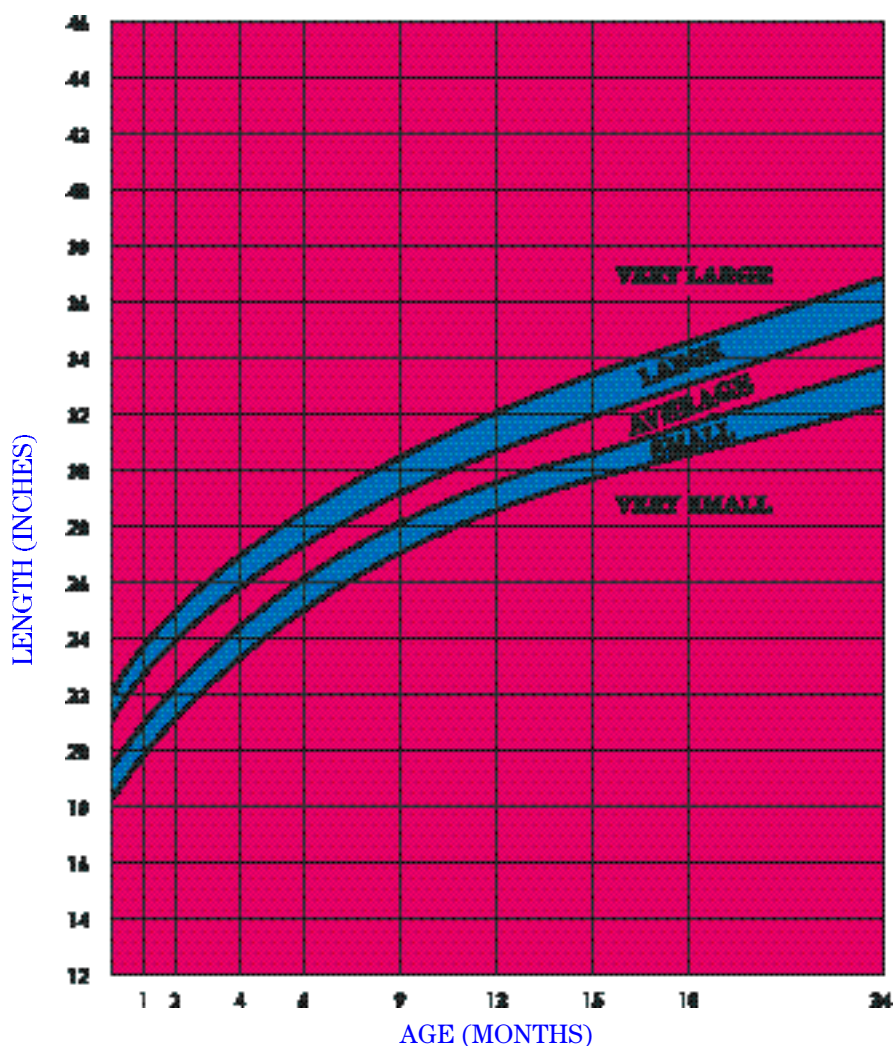


Advice about emergencies from your baby’s care giver:

Tracking my baby boy's growth

When you take your baby for a checkup, he will be weighed and measured. Tracking your baby's growth on the charts on these pages can help you remember. It will provide a record if you see more than one health care giver.

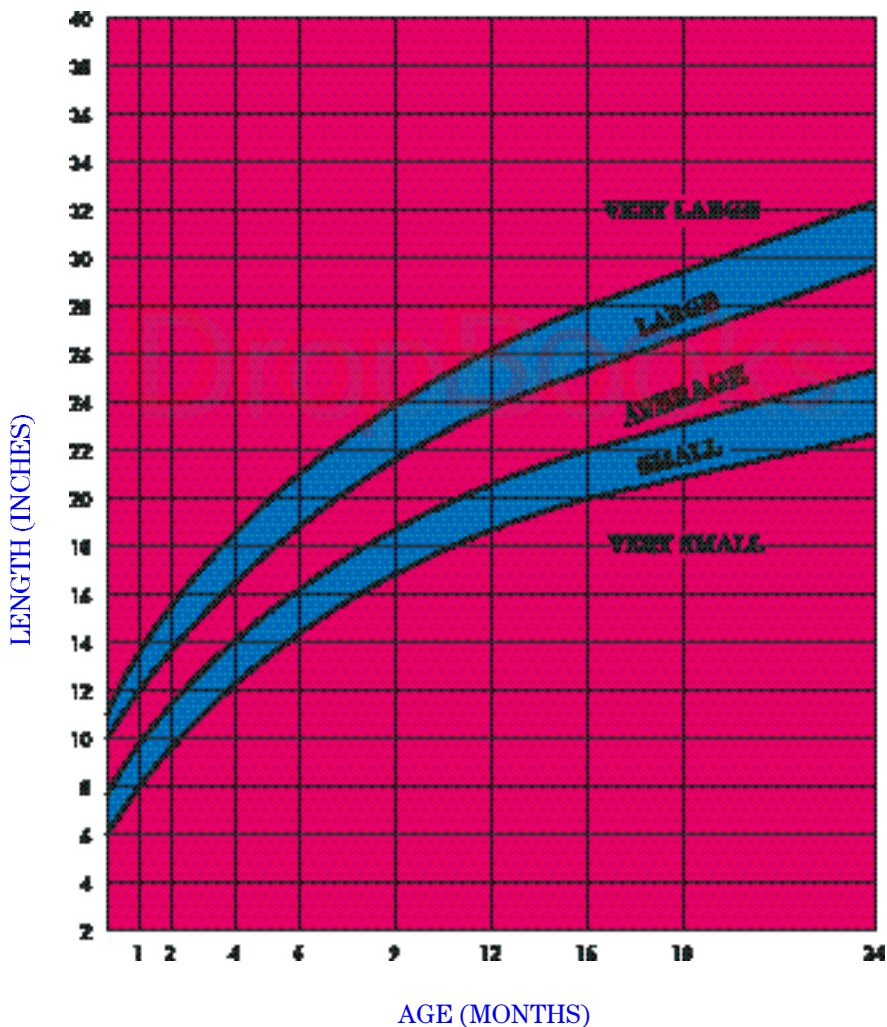
**BOYS FROM BIRTH TO 24 MONTHS
LENGTH FOR AGE**



Ask for help if you need it to fill in your baby's weight and length at each checkup.

Your baby's steady growth in height and weight is one of the best signs that he is healthy. It is regular growth that counts, more than how much or how fast. Ask your baby's health care giver any questions you may have about your baby's growth.

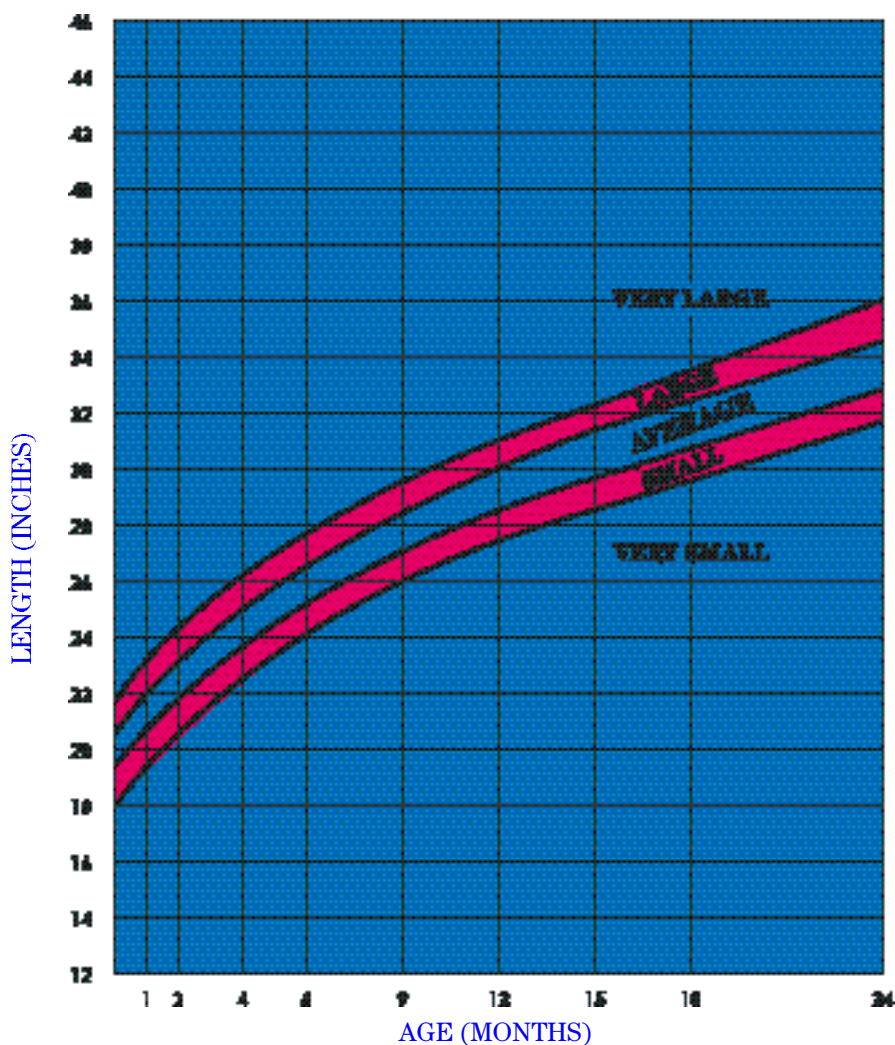
**BOYS FROM BIRTH TO 24 MONTHS
WEIGHT FOR AGE**



Tracking my baby girl's growth

When you take your baby for a checkup, she will be weighed and measured. Tracking your baby's growth on the charts on these pages can help you remember. It will provide a record if you see more than one health care giver.

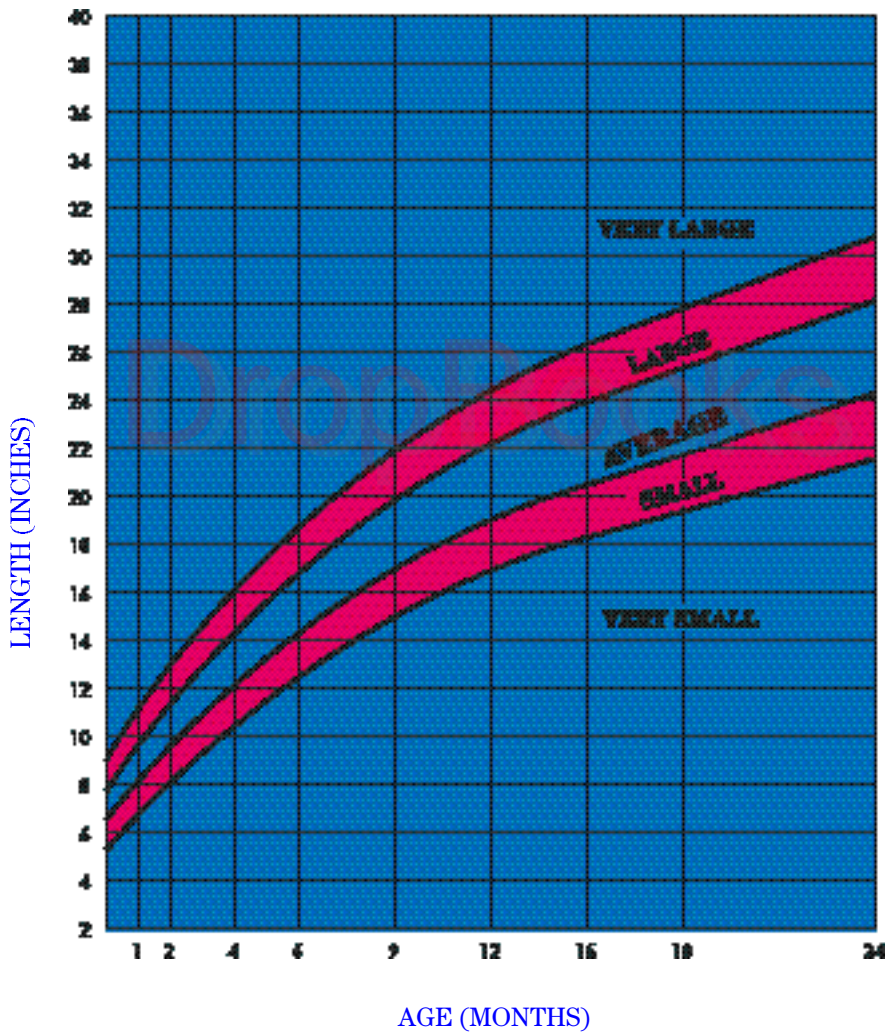
**GIRLS FROM BIRTH TO 24 MONTHS
LENGTH FOR AGE**



Ask for help if you need it to fill in your baby's weight and length at each checkup.

Your baby's steady growth in height and weight is one of the best signs that she is healthy. It is regular growth that counts, more than how much or how fast. Ask your baby's health care giver any questions you may have about your baby's growth.

**GIRLS FROM BIRTH TO 24 MONTHS
WEIGHT FOR AGE**



My baby's firsts

*Here are some things
you and your family
can look forward to
your baby doing.
Write down the date
you first see your
baby doing them.*

- Each baby grows in his or her own way. Do not worry if your baby seems different from other babies.
- Ask your baby's health care giver if you have a question about what your baby is doing.
- If your baby was born early, he or she may develop a little later in some ways.
- Babies ahead of or behind the average times given here can still be developing normally.

BY ABOUT 6 WEEKS

- Pays attention to sounds and makes a few sounds other than crying.
- Looks at mobiles and faces.
- Smiles when you smile or play.

DATE FIRST SEEN

BY ABOUT 5 MONTHS

- Rolls over.
- Holds head upright while lying on stomach.
- Laughs and giggles.
- Reaches for and holds objects.

BY ABOUT 8 MONTHS

DATE FIRST SEEN

- Sits without support when placed in a sitting position. _____
- Creeps (pulls body with arm and leg kicks). _____
- Responds to own name. _____

BY ABOUT 10 MONTHS

- Stands, holding on. _____
- Pushes arms through for dressing. _____
- Understands “no.” _____
- Plays peek-a-boo. _____

BY ABOUT 12 MONTHS (1 YEAR)

- Walks, holding on to something. _____
- Copies your speech. _____
- Waves bye-bye. _____

BY ABOUT 18 MONTHS

- Says 20–30 words. _____
- Drinks from a cup on own; uses spoon. _____
- Plays with a ball, stacks blocks. _____

BY ABOUT 24 MONTHS (2 YEARS)

- Runs well. _____
- Says too many words to count. Puts words together. _____
- Feeds self with spoon or fork. _____
- Likes to “help” with chores. _____

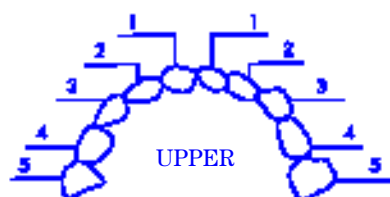
My baby's teeth

Write in
on the lines below
the date you
first saw each
of your baby's teeth.

- Do not worry if your baby's teeth come in earlier or later than the dates shown here. Babies can chew most foods with their gums!
- Clean your baby's teeth gently as soon as they appear. Use a soft toothbrush, soft cloth or gauze at least once a day, after feeding.
- Be sure that your baby is getting fluoride from the water supply or from drops to help protect against cavities.

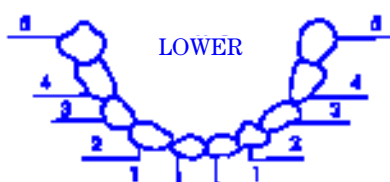
- Do not put your baby to bed with a bottle to help him or her sleep. Sugar in drinks — even milk and formula — that stays in your baby's mouth can cause baby bottle tooth decay.

AS YOU FACE YOUR CHILD ...



BABY'S RIGHT

BABY'S LEFT



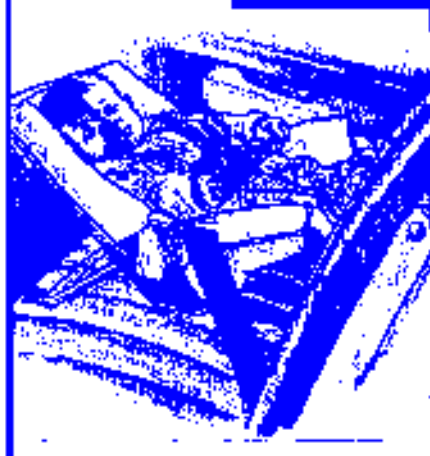
UPPER

1. Central Incisor (about 7 1/2 mo.)
2. Lateral Incisor (about 9 mo.)
3. Cuspids (about 18 mo.)
4. First Year Molar (about 14 mo.)
5. Second Year Molar (about 24 mo.)

LOWER

5. Second Year Molar (about 20 mo.)
4. First Year Molar (about 12 mo.)
3. Cuspids (about 16 mo.)
2. Lateral Incisor (about 7 mo.)
1. Central Incisor (about 6 mo.)

DATE TOOTH APPEARS



Talking with your baby's health care giver is the most important part of each checkup. The care giver will want to discuss with you concerns you have. Between visits, write down your questions so that you can remember to ask them at your next visit.

1 week

YOUR BABY AND YOU:

- Baby's navel should be healed about 2–3 weeks after birth. If your baby boy was circumcised, he should heal in 1–2 weeks.
- Baby will eat every 2–3 hours.
- Most new parents are tired. Try to rest when your baby sleeps.
- Never leave your baby alone in a room (except in a crib or playpen), outside, in a bath, or in a car.
- Check the temperature of your baby's bath water by dipping your elbow in the water. The water should feel warm but not hot.

Questions I want to ask:

1. *How much should my baby sleep?*

2. *Will my baby need fluoride drops to protect his/her teeth?*

3.

4.

Advice and answers to my questions:

First newborn health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age (weeks): _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

☐ Newborn Screening

Blood Type: _____

List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem

Date

Advice/Treatment

Ask any questions you have about what an immunization (shot) or test is for, about the baby's reaction, or about the results.

Record each immunization your baby gets on page 90.

DropBooks

1 month

YOUR BABY AND YOU:

- Some babies will sleep almost all of the time.
- It is important to talk to your baby when you feed, change, bathe, or play with him or her and listen when your baby makes sounds. Your baby will begin to respond to you, smiling and squealing as you talk to him or her.
- Always use the car safety seat. Check the instructions or ask for help if you are not sure how to use it correctly.
- Don't let people smoke around your baby.

Questions I want to ask:

1. *How do I know my baby is getting enough to eat?*

2. *How often should I bathe my baby?*

3.

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

☐ Hepatitis B

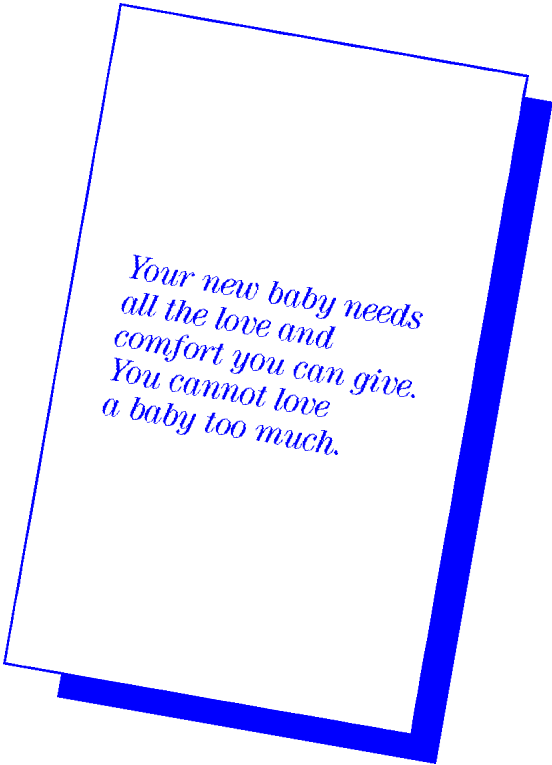
List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



DropBooks

2 months

YOUR BABY AND YOU:

- Most babies gain about a 1/2 pound a week during the first few months.
- Your baby wiggles a lot and can roll off of a flat surface. Never leave or turn your back on a baby who is on a table, bed, counter, or chair.
- If you plan to go back to work, it is important—for you and your baby—to feel that you have made the right choice of child care. Talk to your baby's health care provider if you have questions about child care. Your local health department may have a list of child care providers.

Questions I want to ask:

1. *What reactions should I look for after my baby's shots?*

2. *When should I start giving my baby solid food?*

3. *How can I continue to breastfeed when I return to work?*

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

☐ DTP ☐ Hib ☐ Polio ☐ Hepatitis B

List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

*Remember to chart
your baby's growth
on pages 60 and 61
(for boys) or pages
62 and 63 (for girls).*



4 months

YOUR BABY AND YOU:

- Your baby may begin to hold his or her head up while lying on the stomach, and soon will be able to roll over.
 - Your baby will soon move around quickly, hold and put things in his or her mouth. Watch your baby closely. Be sure all objects small enough to fit in baby's mouth are out of reach.
 - Always use safety straps on a high chair or any baby seat.
 - Breast milk and formula are complete foods—all your baby needs for the first 5 to 6 months.
- It is impossible to “spoil” your baby, or give your baby too much love. You and your family should enjoy cuddling and playing with your baby.

Questions I want to ask:

1. *Is my baby growing normally?*

2. *How can my other children help me with the baby?*

3.

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

☐ DTP ☐ Hib ☐ Polio ☐ Hepatitis B

List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Remember to record
all illnesses and
immunizations on
pages 89 and 90.*

6 months

YOUR BABY AND YOU:

- Your baby may begin to stretch his or her arms out to be picked up.
- Let your baby try drinking from a cup.
- Most babies gain about 1 pound a month for the next 6 months.
- First teeth appear about now, but they could come in sooner or later.
- Cover all unused electric outlets with safety caps or tape. Keep all electric cords out of baby's reach.
- Talk to your baby's health care giver if you think that your baby has been

around chipping or flaking paint. Old paint may contain lead. Babies who chew or swallow lead paint can get sick.

Questions I want to ask:

1. *What should I do to make my home safe for my baby?*

2. *What should I do if teething makes my baby fussy?*

3. *How can I get my baby to sleep through the night?*

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

- ☐ DTP ☐ Hib ☐ Polio ☐ Hepatitis B
- ☐ Test for lead exposure

List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

*Ask any questions
you have about what
an immunization or
test is for or about
the results.*

9 months

YOUR BABY AND YOU:

- Your baby can sit up now when placed in a sitting position.
- Soon your baby will sit up on his or her own, crawl, and stand.
- Any baby who can crawl must be kept away from stairways and things that can be pulled over.
- Baby-proof all cupboards and drawers that are in baby's reach. Keep all hot foods, hot pans, cleaners, medicines, liquor, bug sprays, and cosmetics out of reach.
- Do not leave a bottle of formula or juice with your

baby to help him or her sleep. The sugar in these drinks that stays in your baby's mouth can cause baby bottle tooth decay.

Questions I want to ask:

1. *What should I do if I think my baby swallowed something harmful?*

2. *How can I get my baby to give up the bottle?*

3.

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

☐ Blood test (for anemia)

☐ Test for lead exposure

☐ Hepatitis B

*Remember to record
all illnesses and
immunizations on
pages 89 and 90.*

List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------



12 months

YOUR BABY AND YOU:

- Your baby may say a few words, wave bye-bye, and walk, holding on to something.
- When your baby starts to walk, remember to block off stairs.
- Your baby will likely eat most of what the rest of the family eats. Chop or mash it into small pieces. Avoid hot dog pieces, raisins, peanuts, popcorn, whole grapes, or other food that will be hard to chew or could cause choking.
- Talk with your baby's health care giver about

switching from breast milk or formula to whole milk. Replace your baby's bottle with a drinking cup.

Questions I want to ask:

1. *How do I teach my baby what "no" means?*

2. *Does my baby need vitamins?*

3. *When should I take my baby to the dentist?*

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

- ☐ TB skin test ☐ Hib ☐ MMR ☐ Hepatitis B
- ☐ Blood test (for anemia) ☐ Test for lead exposure

List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

*Remember to chart
your baby's growth
on pages 60 and 61
(for boys) or pages
62 and 63 (for girls).*

15 months

YOUR BABY AND YOU:

- Your baby is probably walking, feeding him or herself using a spoon and cup, and saying more words.
- Keep small, mouth-sized objects out of baby's reach.
- Your baby will grow more slowly from now on, and may eat less.
- Talk with your baby's health care provider if you have questions about what and how much your baby is eating.

Questions I want to ask:

1. *What do I do if my baby has a "temper tantrum"?*

2. *How can I play with my baby?*

3.

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

☐

DTP

☐

MMR

☐

Hib

☐

Hepatitis B

List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem

Date

Advice/Treatment

*Ask any questions
you have about what
a shot or test is for or
about the baby's
reactions to them.*

18 months

YOUR BABY AND YOU:

- Your baby will try taking off his or her own clothes.
- Your baby may let you know what he or she likes and does not like.
- Your baby will point to his or her body parts when you ask “where is your (nose)?” Your baby can follow some simple directions (such as “get the ball”).
- As your baby gets older, sleeping patterns may change. Talk with your baby’s health care giver if you have questions or concerns about naps and bedtime.

Questions I want to ask:

1. *When should I begin toilet training?*

2. *How can I get my baby to behave?*

3.

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

☐

DTP

☐

Hepatitis B

List any other tests/shots/developmental screening your baby had:

Date of Next Appointment: _____

Other visits or problems since baby's last appointment:

Problem

Date

Advice/Treatment

*Remember to record
all illnesses and
immunizations on
pages 89 and 90.*



24 months

YOUR CHILD AND YOU:

- Your baby is starting to put words together. It is fun to talk with your child and encourage verbal communication (the use of words).
- Your child may be able to climb stairs alone and open doors.
- Watch your toddler closely to keep him or her away from unsafe areas.
- It is important that your child have all the “shots” recommended for an infant.

Questions I want to ask:

1. *Where can I find out about preschools?*

2.

3.

4.

Advice and answers to my questions:

My baby's health checkup visit

Date: _____

Name of Health Care Giver Seen:

Baby's Age: _____

Weight: _____

Length: _____

Head Circumference: _____

Tests/Immunizations:

☐ Test for lead exposure

List any other tests/shots/developmental screening your child had:

Date of Next Appointment: _____

Other visits or problems since child's last appointment:

Problem	Date	Advice/Treatment
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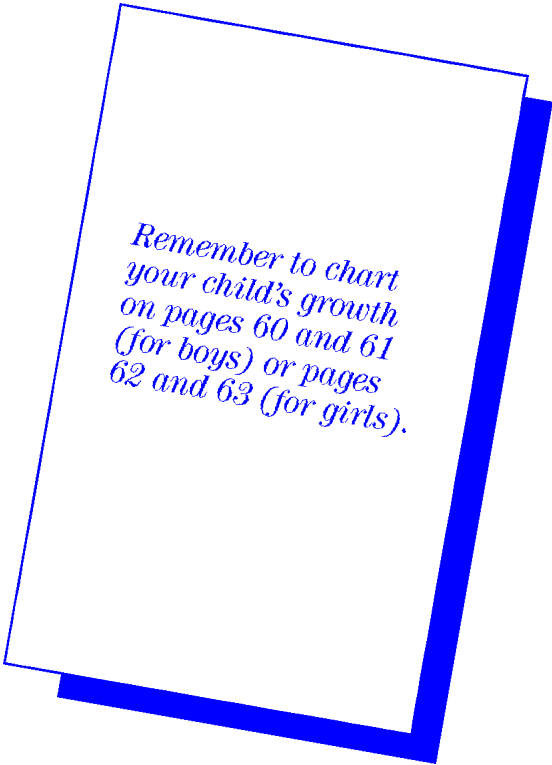
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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DropBooks

Acknowledgements

The *Health Diary* was planned and developed by a work group of the Maternal and Child Health Bureau that brought a broad range of professional training and experience to the task. Members of the work group are: Stephanie Dort Bryn, MPH; Susan Givens, RN, MPH; Nancy Haliburton, RN, MSN; David Heppel, MD; Vince L. Hutchins, MD, MPH; Kenneth Keppel, PhD; Woodie Kessel, MD, MPH; Laura Kruse, MPH; Geraldine Norris, RN, MSN; Julia Plotnick, RNC, MPH; Barbara Tausey, MD; George Walter, MPH; and Ina Heyman, editor.

The text was written by Elaine Bratic Arkin. The book was designed by Laurel A. Vaughan, with illustrations by Martha Vaughan and Michael Felish. Desktop publishing was done by Cynthia Yockey and production coordinator was Kathy Holman.

The Bureau appreciates the advice of the following organizations which reviewed the *Health Diary* during stages of its development:

American Academy of Family Physicians
American Academy of Pediatrics
American Academy of Pediatric Dentistry
American College of Nurse Midwives
American College of Obstetricians and Gynecologists
American Nurses Association
Association of Maternal and Child Health Programs
Food and Nutrition Service, USDA
Institute of Medicine, National Academy of Sciences
National Association of Pediatric Nurse Associates and Practitioners
National Commission to Prevent Infant Mortality
The Organization for Obstetric, Gynecologic, and Neonatal Nurses and the
Centers for Disease Control
Health Care Financing Administration
National Institute of Child Health and Human Development
Office of the Assistant Secretary for Health, USDHHS

The Bureau thanks the many pregnant women, mothers, families, and their health care givers whose advice was particularly helpful in creating the *Health Diary* for patients and providers.

Record of Illnesses

Type of Illness	Date Started/Ended	Medicine Taken	Reactions
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DropBooks

Some illnesses you might want to record here include ear infections, skin diseases, urinary infections, strep infections, pneumonia, tonsillitis, chicken pox, rubella (German measles), mumps, and measles.

VACCINATIONS

Here is the updated schedule of vaccinations. Vaccinations protect your child from a number of very serious illnesses. Every time your child receives a vaccination, enter the date on this chart. Then you will have a complete record. Ask your child's doctor or nurse about vaccinations and possible side effects.

Hepatitis B			Inactivated Polio		
Dose	Age	Date	Dose	Age	Date
First	Between birth and 2 months		First	At 2 months	
Second	Between 1 and 4 months		Second	At 4 months	
Third	Between 6 and 18 months		Third	Between 6 and 18 months	
			Fourth	Between 4 and 6 years of age	
Diptheria, Tetanus, Pertusis			Measles, Mumps, Rubella		
First	At 2 months		First	Between 12 and 15 months	
Second	At 4 months		Second	Between 4 and 6 years	
Third	At 6 months		Varicella		
Fourth	Between 15 and 18 months				
Fifth	Between 4 and 6 years of age				
H. Influenza type b			Pneumococcal Conjugate		
First	At 2 months		First	At 2 months	
Second	At 4 months		Second	At 4 months	
Third	At 6 months		Third	At 6 months	
Fourth	Between 12 and 15 months		Fourth	Between 12 and 15 months of age	
Recommendations of the American Academy of Pediatrics for the Childhood Immunization Schedule, United States, January—December 2001					

Comment Card

We hope that this handbook is helpful for you. Please take a few minutes to answer the questions below. Thank you.

1. Have you found the information in this booklet helpful?

☐ Yes ☐ No

2. Was there anything that was unclear or confusing?

☐ Yes ☐ No

If yes, what?

3. Do you have any suggestions about how we can make this booklet better?

DropBooks

4. Would you like more information?

☐ Yes, please send me *Prenatal Care*.

☐ Yes, please send me *Infant Care*.

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Fold and seal this card with a staple or tape. Drop it in the mail.
No postage is needed.

Fetal Growth and Development



8 Weeks

Fetus is 1 inch long,
weighs less than 1 ounce.



12 Weeks

Fetus is 3 to 4 inches long,
weighs about 1 ounce.



16 Weeks

Fetus is 6 to 8 inches long,
weighs about 6 ounces.



20 Weeks

Fetus is 8 to 12 inches long, weighs 1/2 to 1 pound.



24 Weeks

Fetus is about 14 inches long, weighs 1 to 1 1/2 pounds.



28 Weeks

Fetus is about 15 inches long, weighs about 3 pounds.



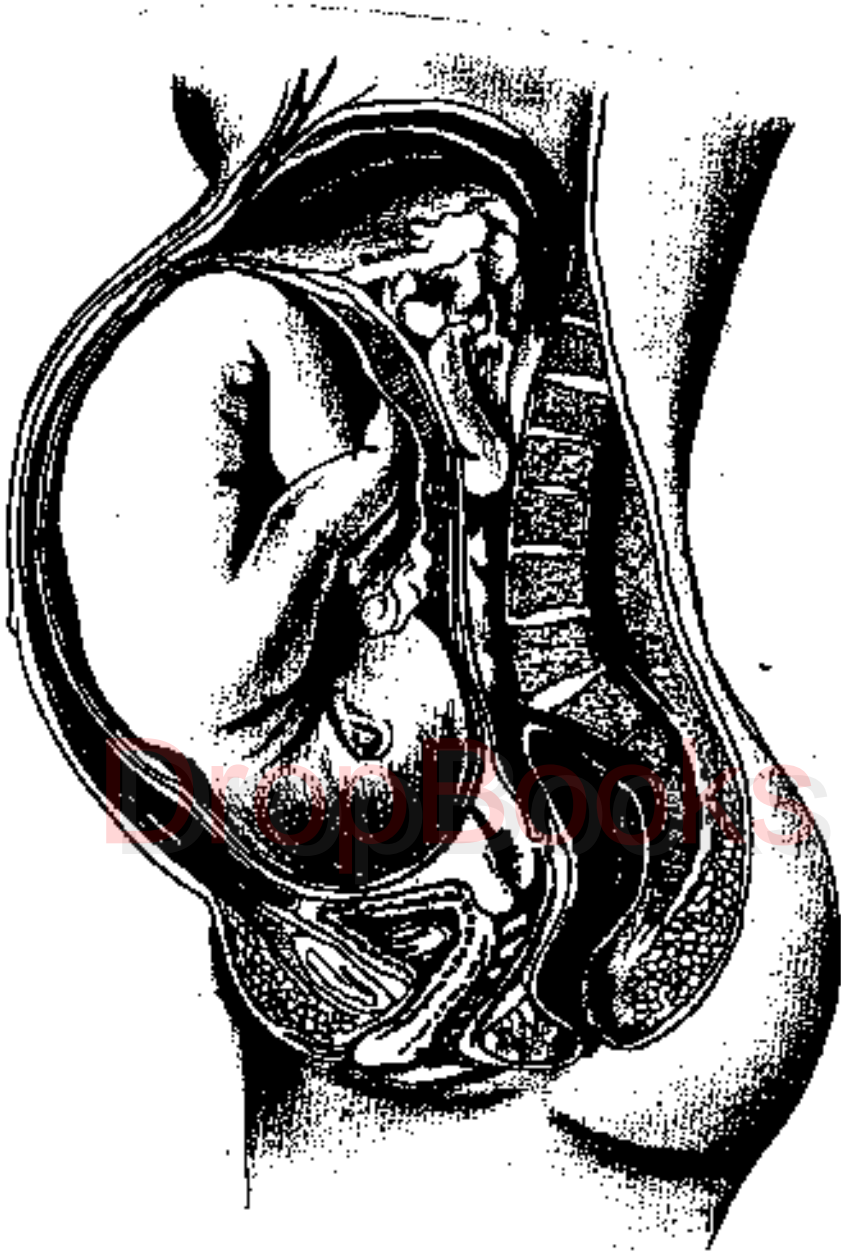
32 Weeks

Fetus is about 18 inches long,
weighs about 5 pounds.



36 Weeks

Fetus is about 19 inches long,
weighs about 6 pounds.



40 Weeks

At term (when fully grown), baby will be about 20 inches long and weigh 7 to 8 pounds.